



2025-26 NFHS BASKETBALL EXAM PART 1

NOTE: In the exam situations, A refers to offensive team and B refers to their opponents, the defensive team. A1 and B1 are players of Team A and Team B. Unless otherwise stated: a single foul or free throw exists; all equipment, situations and acts are legal; a tap is toward the tapper's basket; and it is a two-point field goal, unless a three-point field goal is specifically designated. No errors or mistakes are involved unless noted.

1. A team-control foul is:
 - A. An intentional foul.
 - B. A flagrant foul.
 - C. A technical foul.
 - D. A common foul.

2. Like-colored uniform bottoms may include:
 - A. Shorts.
 - B. Pants.
 - C. Skirts.
 - D. All of the above.

3. If undershirts are worn, they must:
 - A. Be a solid color similar to the jersey or black (under visiting team dark jerseys only).
 - B. Only be black in color.
 - C. Be white.
 - D. Only be one solid color.

4. Two bonus free throws are awarded after a team's _____ foul in each quarter.
 - A. Seventh
 - B. Ninth
 - C. Fifth
 - D. Tenth

5. At the end of each quarter:
 - A. Team fouls remain the same.
 - B. Team fouls are reduced by two fouls.
 - C. Team fouls are reset to zero.
 - D. None of the above.

6. Team A is dribbling the ball in its backcourt outside the three-point line when Team B commits a common foul before the bonus. Team A will be granted a throw-in from:

- One of the four designated spots nearest to where the foul occurred in the team's frontcourt.
- The nearest 28-foot mark along the sideline in the team's backcourt.
- The sideline at the division line.
- None of the above.

7. When the ball is in the offensive team's frontcourt, the designated spot for the throw-in will be either the nearest 28-foot mark along each sideline or the nearest spot 3 feet outside the lane line on the end line if:

- The defensive team commits a violation.
- The defensive team commits a common foul prior to the bonus.
- A time-out is called.
- All of the above.

8. When an official administers a throw-in to the wrong team:

- The mistake can be rectified until the first dead ball.
- The mistake can be rectified until the first dead ball after the ball becomes live unless team control has ended.
- The mistake cannot be rectified.
- The mistake can be rectified until the other team scores.

9. During free throws, substitutions may be made:

- Only before the first attempt.
- Only after all attempts are made.
- Only before the final attempt.
- None of the above.

10. The following number of time-outs may be charged to each team during a regulation game:

- Three 60-second time-outs and two 30-second time-outs.
- Two 60-second time-outs and three 30-second time-outs.
- Five 60-second time-outs.
- Four 30-second time-outs.

11. The referee may correct an obvious mistake by the timer to start or stop the clock properly only when:

- The home team head coach agrees with the timer.
- The visiting team head coach agrees with the timer.
- Both coaches agree with the timer.
- The referee has definite information relative to the time involved.

12. The ball is out of bounds when it is touched by:

- A player who is out of bounds.
- The supports or back of the backboard.
- The ceiling, overhead equipment or supports.
- All of the above.

13. The ball becomes live when:

- On a jump ball, the tossed ball leaves the official's hands.
- On a throw-in, it is at the disposal of the thrower.
- On a free throw, it is at the disposal of the free thrower.

- D. All of the above.

14. During a jump ball, neither jumper shall:

- A. Touch the tossed ball before it reaches its highest point.
- B. Leave the center restraining circle until the ball has been touched.
- C. Touch the ball more than twice.
- D. All of the above.

15. During pre-game, the official shall:

- A. Verify with the head coach that all team members are properly equipped.
- B. Verify how many time-outs will be used.
- C. Verify all team members' names.
- D. Designate the coaches box.

16. The cord of the net shall:

- A. Be more than 144 thread twine.
- B. Momentarily check the ball as it passes through.
- C. Be any color.
- D. Be over 18 inches in length.

17. If a shot clock is utilized, the shot clock operator shall be located:

- A. Anywhere in the gym.
- B. On the home team's bench.
- C. Anywhere on the end line.
- D. At the scorer's and timer's table.

18. The head coach may:

- A. By state association adoption, stand in the designated coaching box.
- B. Stand within the coaching box to request a time-out.
- C. Stand within the coaching box to replace or remove a disqualified or injured player.
- D. All of the above.

19. If electronic devices are used during the game, they may only be used for:

- A. Voice or video recording.
- B. Recording and tracking stats.
- C. Two-way communication.
- D. Video replay for the officials.

20. The following items are allowed on the front of the uniform above the number:

- A. An image of the school's mascot.
- B. The school's nickname.
- C. The school's name.
- D. All of the above.

21. When bench personnel are beckoned onto the court due to an injured player, the player is subject to removal from the game unless:

- A. The team with the injured player is awarded a time-out.

- B. The player is not injured.
- C. The other team substitutes.
- D. The bench personnel do not come to the court.

22. If a player is bleeding or has blood on the uniform, the player:

- A. Must be immediately removed from the game.
- B. May remain in the game if resolved within 20 seconds.
- C. Will receive a technical foul.
- D. Will immediately receive a delay of game.

23. The following act(s) can be considered faking being fouled:

- A. Yelling at an opponent while they are attempting a shot.
- B. Making theatrical or exaggerated movements with no illegal contact.
- C. Asking officials to review the play.
- D. Complaining to the official.

24. When a player does not immediately pass the ball to an official when the whistle sounds, the official shall:

- A. Issue a bench technical.
- B. Issue a player technical.
- C. Issue a warning for delay.
- D. Eject the player from the game.

25. If the net is contacted while the ball is on or within either basket and it does not affect the try for a goal, the official may:

- A. Allow play to continue.
- B. Issue a technical foul.
- C. Issue a personal foul.
- D. Eject the offending player.

26. If a state utilizes the 35-second shot clock, it may:

- A. Eliminate the five-second closely guarded count while a player is dribbling the ball.
- B. Eliminate the 10-second backcourt violation.
- C. Eliminate the five-second closely guarded count while a player holds the ball.
- D. Expand the closely guarded rule while a player dribbles the ball to 10 seconds instead of five seconds.

27. To start the second, third and fourth quarters, the ball shall be put in play by a:

- A. Jump ball.
- B. Throw-in under the alternating-possession procedure.
- C. Throw-in by the visiting team.
- D. Throw-in by the team in control to end the previous quarter.

28. An alternating-possession throw-in is used when:

- A. The ball is knocked out of bounds by a specific player.
- B. There are simultaneous floor or free throw violations.
- C. A player intentionally fouls another player at the beginning of the game.
- D. A coach calls a time-out after a player collects a loose ball.

29. If the alternating-possession procedure has not been established and the ball goes out of bounds and was last touched simultaneously by two opponents, play is resumed by:

- A jump ball in the center restraining circle between the two players who originally jumped to start the game.
- A jump ball by any two players on the court.
- A jump ball in the center restraining circle between the two players involved in the simultaneous contact.
- None of the above.

30. A ball that goes out of bounds will be inbounded:

- From one of the four designated-spots, if the throw-in will be in the frontcourt.
- From one of the four designated-spots if the throw-in will be in the backcourt.
- From the designated-spot closest to where the ball went out of bounds.
- From the designated-spot closest to the official responsible for the throw-in.

31. Which of the following is a violation by a player:

- Extending elbows to hold the ball under the chin.
- Extending the elbows to hold the ball against the body.
- Excessively swinging his/her own arms.
- Any action of the elbow resulting in total body movements as in pivoting.

32. Once the sideline throw-in begins, in which scenario has a violation occurred?

- The thrower releases the ball within five seconds.
- The thrower is replaced by a teammate, except as in Rule 7-5-7.
- The thrower touches the inbounded ball after it touches another player.
- The thrown ball hits the ring.

33. How does a game begin when fouls occur during pre-game in equal numbers and offset?

- The penalties are charged, no free throws are awarded, and the game begins with a jump ball.
- A team technical is given to each team, free throws are awarded, and the game begins with a jump ball.
- The coach loses the coaching box for the remainder of the game, free throws are awarded, and the game begins with a jump ball.
- A bench technical is given to both teams, free throws are awarded, and the game begins with a jump ball.

34. A team captain may request a defensive match-up:

- Before the opening jump ball.
- Prior to the start of the second, third and fourth quarters and each overtime period.
- If three or more substitutes from the same team enter during an opportunity to substitute.
- After a technical foul.

35. Fighting is:

- An attempt to block an opponent's shot attempt and committing a foul.
- Illegal contact with the opponent while the ball is live.
- Away from the ball with a player not involved in the play.
- An attempt to instigate a fight by committing an unsporting act that causes a person to retaliate by fighting.

36. A throw-in is:

- A player shooting a free throw.
- A method of putting the ball in play from out-of-bounds.
- An attempt beyond the three-point line.

- D. A pass from one player on the perimeter to a player in the lane area.

37. A game may be forfeited if:

- A. A coach refuses to substitute for a disqualified player with substitutes available.
- B. The coach is ejected, and an assistant does not want to coach.
- C. Spectators disagree with the coach.
- D. There is an act that makes a travesty of the game.

38. The ball is out of bounds when it touches or is touched by:

- A. A player who is out of bounds.
- B. Any object outside a boundary.
- C. The supports for the backboard.
- D. All of the above.

39. The ball is awarded out of bounds after:

- A. A team-control foul.
- B. A free throw from a technical foul.
- C. A field goal.
- D. All of the above.

40. When the official administers a free throw, the ball shall be placed at the shooter's disposal by:

- A. A two-hand chest pass.
- B. A bounce pass.
- C. An overhead pass.
- D. Rolling the ball to the shooter.

41. The maximum time allotted for a free throw is:

- A. 8 seconds.
- B. 5 seconds.
- C. 10 seconds.
- D. 12 seconds.

42. A player may legally jump from the player's frontcourt, secure control of the ball with both feet off the floor and return to the floor with one or both feet in the backcourt during:

- A. A throw-in.
- B. A jump ball.
- C. While on defense.
- D. All of the above.

43. A player shall not dribble a second time after the player's first dribble has ended, unless it is after the player has lost control because of:

- A. An interrupted dribble.
- B. A try for field goal.
- C. The ball touching a teammate.
- D. An errant pass.

44. Unsporting fouls include:

- A. Taunting.
- B. Removing a headband.
- C. Clapping hands after a made shot.
- D. Clapping hands after a missed shot.

45. The shot clock shall begin:

- A. When there is a change in team control.
- B. After every dead ball.
- C. After every pass.
- D. After picking up the dribble.

46. Which of the following is goaltending?

- A. Contacting the ball after it hits the backboard.
- B. Deflecting a shot before it leaves the shooter's hand.
- C. Touching the ball outside the cylinder during a free-throw attempt.
- D. Both A & C.

47. A player is defined as:

- A. One of five team members on the floor at any given time, except during time-outs and intermissions.
- B. The team manager.
- C. The athletic trainer.
- D. All team members at any given time.

48. The designated spot for a throw-in after a violation that occurs inside the three-point line will take place at:

- A. The nearest designated spot on the end line 3-feet outside the lane line.
- B. The nearest 28-foot line.
- C. A spot the official chooses.
- D. The half-court line.

49. The player inbounding the ball may not:

- A. Bounce the ball inbounds.
- B. Purposely and/or deceitfully delay returning after legally being out of bounds.
- C. Move along the end line after inbounding the ball.
- D. Set a screen after returning to the court.

50. Which of the following constitutes basket interference?

- A. Blocking a shot after it hits the backboard.
- B. Touching the ball outside the three-point arc.
- C. Slapping the backboard causing vibration while the ball is on or within the basket.
- D. Both A & C.

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51. B1 has been called for a traveling violation inside the 3-point arc in Team B's backcourt. Where should the ball be thrown in by Team A?

- A. On the end line at the nearest spot 3 feet outside the lane.
- B. On the end line at the farthest spot 3 feet outside the lane.
- C. On the sideline at the nearest 28-foot mark along the sideline.

- D. On the sideline at the designated spot closest to the violation.

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52. B3 commits a defensive foul on A3. It is Team B's fifth team foul of the quarter. The following should result:

- A. Team A throws the ball in at the designated spot on the end line.
- B. Team A throws the ball in at the spot closest to the violation.
- C. A3 shoots two free throws.
- D. A3 shoots a one-and-one.

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53. A jump ball ends when the touched ball contacts:

- A. The jumper, an official or the floor.
- B. A nonjumper, an official or the floor.
- C. The sideline, an official or the bleachers.
- D. None of the above.

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54. A5 is called for an illegal dribble violation in the lane in Team A's frontcourt. Where does Team B throw the ball in to begin the next possession?

- A. On the end line at the nearest spot 3 feet outside the lane.
- B. On the end line at the farthest spot 3 feet outside the lane.
- C. On the sideline at the nearest 28-foot mark along the sideline.
- D. On the sideline at the designated spot closest to the violation.

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55. The official on the end line places hands on hips to signal a foul. This signal is used to call a foul.

- A. holding
- B. player control
- C. technical
- D. blocking